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Sport Highlights

New Titles and Key Backlist

2009

Welcome to the Routledge Sport Highlights Catalogue New Titles & Key Backlist 2009



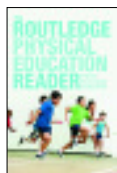
Page 2



Page 6



Page 14



Page 16



Page 19



Page 20



Page 24



Page 25

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CONTENTS

Welcome from the Editor	.1
Exercise and Health	.2
Sports Science: Physiology	.3
Sports Science: Biomechanics	.6
Sports Science: Psychology	.8
Sports Coaching and Performance	.12
Physical Education	.16
Sport Development	.18
Sport, Culture and Society	.19
Sports Business and Management	.24
Research Methods and Study	.28
Index	.29
Catalogue Questionnaire	.31
Order Form	.Back Page

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Welcome to the 2009 Sport *Highlights* Catalogue!

In 2009/2010 we are pleased to be able to bring you a range of exciting new titles in Sport, Exercise, Leisure and related subject areas. From key textbooks and course books to essential works of reference, Routledge continues to offer the most interesting and diverse list of Sport books of any major academic publisher.

Please feel free to contact me at any time if you have an idea for a new book and I'll be pleased to discuss it with you. With nearly 200 years of publishing history, and with a truly global sales and marketing network, Routledge is an imprint of unparalleled prestige and publishing expertise. Alternatively, if you are a lecturer looking for a new textbook within any area of Sport then please do get in touch and we'll be happy to recommend suitable books from our list.

Did you know that many of our titles are now available to search online? Simply look out for the widget icon  and visit the website to find out more. From here you'll be able to browse through sample chapters before making any purchasing decisions or library recommendations.

I look forward to hearing from you.



Simon Whitmore

Commissioning Editor

simon.whitmore@tandf.co.uk

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Sport Studies

Sport and Leisure Management

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THE **WIDGET** ICON

Books with the  symbol are now available with Search Inside capability on www.routledge.com.

Simply click the link and view Selected Contents from the book!



2ND EDITION

Physical Activity and Health

The Evidence Explained

Adrienne E. Hardman and David J. Stensel, both at Loughborough University, UK

'This is an excellent text, which is much needed in the field of physical activity and health. The authors scrupulously examine the case for exercise with the most rigorous evidence from around the world. This makes the text a valuable resource for information about physical activity and health for students and established researchers worldwide.'

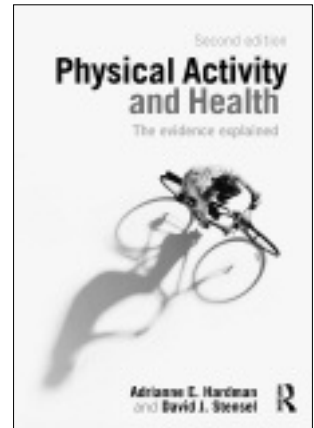
— Professor Steve Bird, School of Human Movement, Recreation and Performance, Victoria University, Australia

Physical Activity and Health explains clearly, systematically and in detail the relationships between physical activity, health and disease, and examines the benefits of exercise in the prevention and treatment of a wide range of important conditions.

Now in a fully updated and revised edition, and still the most complete and engaging textbook on this important subject, *Physical Activity and Health* offers a balanced examination of the very latest evidence linking levels of physical activity with disease and mortality. It offers a wide-ranging assessment of the importance of inactivity as a factor in major diseases and health conditions such as cardiovascular disease, diabetes, obesity, cancer and osteoporosis. The book is designed to help the reader evaluate the quality and significance of the scientific evidence, and includes an invaluable discussion of common study designs and the inherent difficulties of measuring physical activity. It also explores the full range of contemporary themes in the study of exercise and health, such as the hazards of exercise; exercise and the elderly; children's health and exercise, and physical activity and public health policy, and a critical appraisal of current recommendations for physical activity.



Visit the companion website for *Physical Activity and Health* at:
www.routledge.com/textbooks/9780415421980.



May 2009: 246x174: 376pp
Hb: 978-0-415-45585-5: **£95.00**
Pb: 978-0-415-42198-0: **£29.99**
eBook: 978-0-203-89071-4

Selected Contents:

Part 1: Assessing the Evidence

1. Introduction
2. Nature of the Evidence
3. Physical Activity and Mortality

Part 2: Influence of Physical Activity on the Risk of Disease

4. Cardiovascular Disease
5. Type 2 Diabetes
6. Obesity
7. Metabolic Syndrome
8. Cancer
9. Skeletal Health

Part 3: Physical Activity in Youth and Old Age

10. Physical Activity and Children's Health
11. Physical Activity and Ageing

Part 4: Physical Activity: Risks and Opportunities

12. Hazards
13. Public Health

NEW FOR 2010**Clinical Skills for Exercise Science**

Paul D. Bromley, University of Essex, UK



Clinical Skills for Exercise Science is an accessible and authoritative 'how to' guide to laboratory and clinical procedures in exercise physiology. Designed for students and practitioners working in health, medicine, and exercise science, the book offers clear, practical advice on how to implement clinical skills with confidence, including authoritative guides to measurement and analysis.

The book introduces the full range of key skills and procedures such as:

- 'soft skills', including history taking and communication with patients and clients
- basic physical examination
- understanding electrocardiography
- venepuncture and venous cannulation
- interpretation of blood test results, blood gas samples and lung function tests
- understanding the chest x-ray
- emergency procedures and resuscitation.

Clinical Skills for Exercise Science is an invaluable practical reference for all sport and exercise students and all professionals involved with patients and clients in a health, clinical or medical setting, including nurses, occupational therapists and physiotherapists.

April 2010: 234x156: 210pp
Hb: 978-0-415-48156-4: **£80.00**
Pb: 978-0-415-48159-5: **£24.99**

Exercise, Health and Mental Health

Emerging Relationships

Edited by **Guy E.J. Faulkner** and **Adrian H. Taylor**

The first of its kind, this book is written by internationally acclaimed scientists and presents an introduction to the emerging field of exercise as a strategy for mental health promotion, providing a platform for future research and practice.

2005: 246x174: 256pp
Hb: 978-0-415-33430-3: **£105.00**
Pb: 978-0-415-33431-0: **£32.50**
eBook: 978-0-203-41501-6

**3RD EDITION****Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data**

Edited by **Roger Eston**, Exeter University, UK and the late **Thomas Reilly**, Liverpool John Moores University, UK

Kinanthropometry is the study of human body size, shape and form and how those characteristics relate to human movement and sporting performance. In this fully updated and revised third edition of the classic guide to kinanthropometric theory and practice, leading international sport and exercise scientists offer a clear and comprehensive introduction to essential principles and techniques.

Each chapter guides the reader through the planning and conduct of practical and laboratory sessions and includes a survey of current theory and contemporary literature relating to that topic. The book is fully illustrated and includes worked examples, exercises, research data, chapter summaries and guides to further reading throughout.

Volume One: Anthropometry covers key topics such as:

- body composition, proportion, and growth
- evaluating posture, flexibility and range of motion
- children's physiology, maturation and sport performance
- field work
- statistical methods for kinesiology and sport
- accurate scaling of data for sport and exercise sciences.

Volume Two: Exercise Physiology covers key topics such as:

- neuromuscular aspects of movement
- skeletal muscle function
- oxygen transport, including haematology, pulmonary and cardiovascular functions
- metabolism and thermoregulation
- VO₂ kinetics
- physiological economy, efficiency and 'fitness'
- physiological limitations to performance
- assessment of energy expenditure, perceived exertion and maximal intensity.

Volume One

2008: 246x174: 352pp
Hb: 978-0-415-43721-9: **£100.00**
Pb: 978-0-415-43720-2: **£29.99**

Volume Two

2008: 246x174: 376pp
Hb: 978-0-415-43722-6: **£100.00**
Pb: 978-0-415-43723-3: **£29.99**

Two Volume Set

2008
Pb: 978-0-415-46671-4: **£50.00**

Sport and Exercise Physiology Testing Guidelines

The British Association of Sport and Exercise Sciences Guide

Edited by **Edward M. Winter, Andrew M. Jones, R.C. Richard Davison, Paul D. Bromley** and **Tom H. Mercer**

Sport and exercise physiologists are called upon to carry out physiological assessments that have proven validity and reliability, both in sport-specific and health-related contexts. A wide variety of test protocols have been developed and refined. This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing.

Volume One covers sport-specific testing, and *Volume Two* covers clinical and exercise specific testing.

With contributions from leading specialist sport, exercise and clinical physiologists, and covering a wide range of mainstream sports, special populations, and ethical, practical and methodological issues, these volumes represent an essential resource for sport-specific and clinical exercise testing in both research and applied settings.



Visit the companion website at:

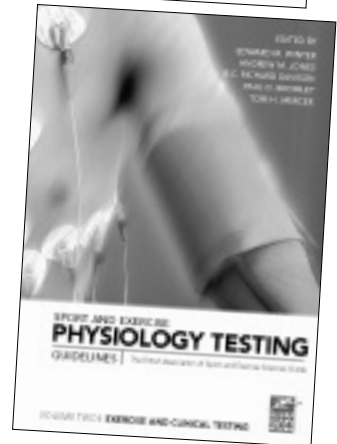
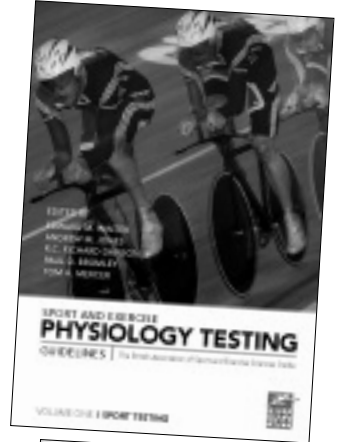
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Volume One | 2006: 246x174: 384pp
Hb: 978-0-415-36140-8: **£100.00**
Pb: 978-0-415-36141-5: **£29.99**
eBook: 978-0-203-96684-6

Volume Two | 2006: 246x174: 288pp
Hb: 978-0-415-37965-6: **£100.00**
Pb: 978-0-415-37966-3: **£29.99**
eBook: 978-0-203-96683-9

Two Volume Set | 2006
Hb: 978-0-415-37967-0: **£160.00**
Pb: 978-0-415-37968-7: **£50.00**



NEW FOR 2010**Human Environmental Physiology**

Mike Tipton, University of Portsmouth, UK and
Mark Hetherington, University of Leeds, UK



This important new book presents an in-depth introduction to human physiological and psychological responses to extreme environments, as well as methods for selecting, preparing and protecting individuals that enter those environments. Contains case studies, data, summaries and illustrations throughout, as well as an appendix outlining the most important methodologies and techniques employed in environmental research.

October 2010: 246x174: 376pp
Hb: 978-0-415-49100-6: **£100.00**
Pb: 978-0-415-49101-3: **£35.00**

Key Topics in Sports Medicine

Edited by **A.A. Narvani**, **P. Thomas** and **B. Lynn**



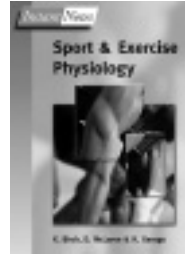
The *Key Topics* format provides extensive, concise information in an accessible, easy-to-follow manner. Practical and clearly presented, this is an invaluable resource for students and specialists in sports medicine and rehabilitation, athletic training, physiotherapy and orthopedic surgery.

2006: 234x156: 336pp
Hb: 978-0-415-41122-6: **£80.00**
Pb: 978-1-84184-441-1: **£29.99**
eBook: 978-0-203-48015-1

Instant Notes in Sport and Exercise Physiology

Karen Birch, **Keith George** and **Don McLaren**

Series: *Instant Notes*

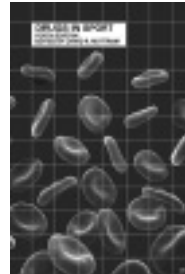


Instant Notes in Sport and Exercise Physiology looks at the key topics in exercise physiology and examines how each of the physiological systems responds to acute and chronic exercise.

2004: 244x171: 224pp
Pb: 978-1-85996-249-7: **£20.00**
eBook: 978-0-203-48824-9

4TH EDITION**Drugs in Sport**

Edited by **David R. Mottram**



This edition includes fresh information relating to the worldwide anti-doping laws, and changes to the prohibited and therapeutic use exemption lists.

2005: 234x156: 432pp
Hb: 978-0-415-37563-4: **£95.00**
Pb: 978-0-415-37564-1: **£32.50**



2ND EDITION

Introduction to Sports Biomechanics

Analysing Human Movement Patterns

Roger Bartlett, University of Otago, New Zealand

Introduction to Sports Biomechanics provides a genuinely accessible and comprehensive guide to all of the biomechanics topics covered in an undergraduate sports and exercise science degree.

Now revised and in its second edition, *Introduction to Sports Biomechanics* is full of visual aids to support the text. Every chapter contains cross references to key terms and definitions from that chapter, learning objectives and summaries, study tasks to confirm and extend your understanding, and suggestions to further your reading.

Clearly structured and with many student friendly features, the text covers:

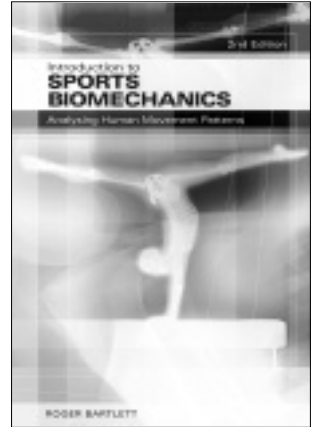
- movement patterns – exploring the essence and purpose of movement analysis
- qualitative analysis of sports movements
- movement patterns and the geometry of motion
- quantitative measurement and analysis of movement
- force and torques – causes of movement
- the human body and the anatomy of movement.

This second edition is supported by a website containing animation and video clips, and offers sample data tables for comparison and analysis and multiple choice questions to confirm your understanding of the material in each chapter. *Introduction to Sports Biomechanics* is a must have for students of sport and exercise, human movement sciences, ergonomics, biomechanics, and sports performance and coaching.



Visit the companion website at:

www.routledge.com/textbooks/9780415339940.



2007: 246x174: 320pp
 Hb: 978-0-415-33993-3: **£85.00**
 Pb: 978-0-415-33994-0: **£29.99**
 eBook: 978-0-203-46202-7

Selected Contents:

1. Movement Patterns – The Essence of Biomechanics
2. Qualitative Analysis of Sports Movements
3. More on Movement Patterns – The Geometry of Motion
4. Quantitative Analysis of Movement
5. Causes of Movement – Forces and Torques
6. The Anatomy of Human Movement

Biomechanical Evaluation of Movement in Sport and Exercise

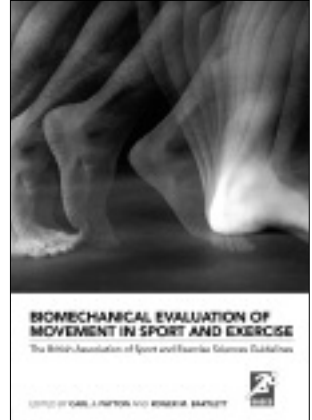
The British Association of Sport and Exercise Sciences Guidelines

Edited by **Carl J. Payton**, Manchester Metropolitan University, UK and **Roger M. Bartlett**, University of Otago, New Zealand

Published in association with the British Association of Sport and Exercise Sciences, this is the only up-to-date, practical guide to using the range of biomechanics movement analysis machines, equipment and software available today. It includes detailed explanations of the key theory underlying biomechanics testing, along with advice concerning choice of equipment and how to use your laboratory equipment most effectively. The book covers the following important topics in detail:

- motion analysis using video and on-line systems
- measurement of force and pressure in the laboratory and field
- measurement of power using isokinetic dynamometry
- electromyography
- computational simulation and modelling of human movement
- research methodologies, data processing and data smoothing.

Contributors include world leading researchers and pioneers such as Roger M. Bartlett, Carl J. Payton, Vasilios (Bill) Baltzopoulos, Adrian Burden, John H. Challis, and computer modelling maestro Fred Yeadon.



2007: 246x174: 232pp
 Hb: 978-0-415-43468-3: **£95.00**
 Pb: 978-0-415-43469-0: **£29.99**
 eBook: 978-0-203-93575-0

Selected Contents:

1. Introduction
2. Motion Analysis Using Video
3. Motion Analysis Using On-Line Systems
4. Force and Pressure Measurement
5. Surface Electromyography
6. Isokinetic Dynamometry
7. Data Processing and Error Estimation
8. Research Methods: Sample Size and Variability Effects on Statistical Power
9. Computer Simulation Modelling in Sport



Related Journal

Sport Biomechanics

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Functional Anatomy for Sport and Exercise



Quick Reference

Clare Milner, University of Tennessee, USA



Functional Anatomy for Sport and Exercise is a quick reference guide to human musculoskeletal anatomy in its moving, active context.

An accessible format makes it easy for students to locate clear, concise explanations and descriptions of anatomical structures, human movement terms and key concepts. Covering all major anatomical areas, the book includes:

- an A to Z guide to anatomical terms and concepts
- clear and detailed anatomical illustrations
- cross-referenced entries throughout
- highlighted key terms
- 'hot topics' discussed in more detail
- full references and a list of suggested further reading.

Functional Anatomy for Sport and Exercise is a must-have supplement for undergraduates in applied anatomy, functional anatomy, kinesiology, physical education, strength and conditioning, biomechanics and related areas.

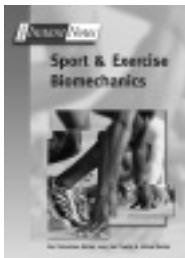
2008: 246x174: 160pp
Hb: 978-0-415-43296-2: **£75.00**
Pb: 978-0-415-43297-9: **£19.99**
eBook: 978-0-203-88620-5

Instant Notes in Sport and Exercise Biomechanics



Paul Grimshaw, Neil Fowler, Adrian Lees and Adrian Burden

Series: *Instant Notes*



This book provides a comprehensive overview of the key concepts in exercise and sport biomechanics. The kinematics of motion are reviewed in detail, outlining the physics of motion. Mechanical characteristics of motion, the mechanisms of injury, and the analysis of the sport technique provides a source of valuable information.

Selected Contents: Part A: Kinematics of Motion Part B: Kinetics of Linear Motion Part C: Kinetics of Angular

Motion Part D: Special Topics Part E: Applications Part F: Measurement Techniques. Appendices. Index

2006: 246x174: 392pp
Pb: 978-1-85996-284-8: **£20.00**
eBook: 978-0-203-48830-0

Sport Psychology



Performance Enhancement,
Performance Inhibition, Individuals, and Teams

Nicholas T. Gallucci, Western Connecticut State University, USA



Sport Psychology is a senior undergraduate textbook that provides a synthesis of the major topics in sport psychology with an applied focus and an emphasis on achieving optimal performance.

After the introductory chapters, there are three main sections to the text: *Performance Enhancement* covers topics such as anxiety, routines, mental imagery, self-talk, concentration, relaxation, goals, and self-confidence.

While much of the information presented is universally applicable, individual differences based on gender, ethnicity, age, and motivation are emphasized in the concluding section on *Individuals and Teams*.

Throughout, there are case studies of well-known athletes from a variety of sports to illustrate topics that are being explored.

Sport Psychology is supported by a CD-ROM of instructor resources, which is free of charge to qualifying adopters and their students.

Selected Contents: Part 1: Introduction 1. Introduction to Sport Psychology 2. Motivation for Sport and Achievement
Part 2: Performance Enhancement 3. Optimal Levels of Anxiety, Intensity, or Arousal 4. Pre-Performance Routines 5. Mental Skills Training: Self-Talk, Concentration, Mental Imagery 6. Relaxation Training: Calming the Physiology 7. Goals 8. Goal Orientation 9. Self-Efficacy and Sport Self-Confidence
Part 3: Performance Inhibition 10. Choking Under Pressure and Anxiety and Performance 11. Self-Handicapping 12. Procrastination and Perfectionism 13. Learned Helplessness 14. Performance Inhibition Due to Personality Factors 15. Substance Abuse 16. Burnout 17. Athletic Injuries
Part 4: Individuals and Teams 18. Gender and Sport 19. Ethnic and Cultural Differences and Sport Psychology 20. Youth and Sport 21. Leadership and Coaching 22. Team Cohesiveness

2008: 246x156: 592pp
Hb: 978-1-84169-485-6: **£62.00**
Pb: 978-1-84169-486-3: **£27.50**

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2ND EDITION

Psychology of Physical Activity

Determinants, Well-Being and Interventions

Stuart J.H. Biddle, Loughborough University, UK and **Nanette Mutrie**, Strathclyde University, UK

In today's urbanized and technologized society, physical activity is becoming an increasingly peripheral part of our daily lives.

This second edition is updated to reflect new findings and current research directions, and includes full textbook features, such as key points and chapter summaries. A dedicated accompanying website provides lecturers and students with extensive supporting materials, including slide presentations and self-test questions.

Psychology of Physical Activity is a comprehensive account of our psychological knowledge about physical activity covering:

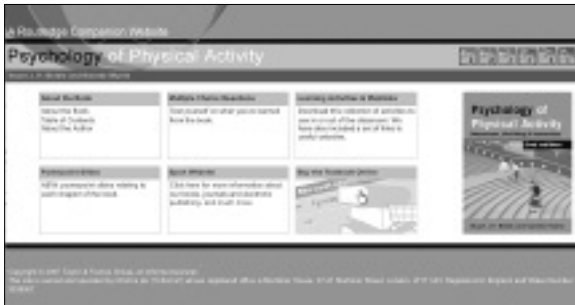
- motivation and the psychological factors associated with activity or inactivity
- the feel-good factor: the psychological outcomes of exercising, including mental health illness and clinical populations
- interventions and applied practice in the psychology of physical activity
- current trends and future directions in research and practice.

This textbook is essential for students of sport and exercise science, exercise physiology, health psychology, occupational therapy and physical education.

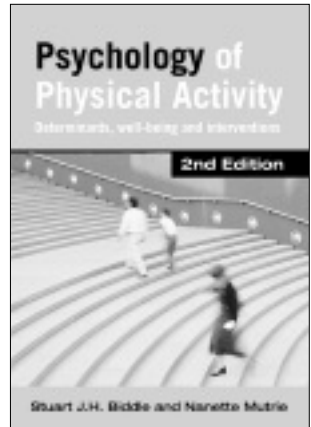


Visit the companion website at:

www.routledge.com/textbooks/9780415366656.



2007: 246x174: 448pp
 Hb: 978-0-415-36664-9: **£90.00**
 Pb: 978-0-415-36665-6: **£29.99**
 eBook: 978-0-203-01932-0



Selected Contents:

Part 1

1. Introduction

Part 2

2. Motivation for Physical Activity: Introduction and Overview
3. Motivation Through Feelings of Control
4. I Can! Motivation Through Feelings of Competence and Confidence
5. Linking Attitudes with Physical Activity
6. Physical Activity Theories and Models: Stages, Phases and Overlap
7. What I feel and Where I Am: Exercise Perceptions and Social Environments

Part 3

8. The Feel Good Factor: Physical Activity and Psychological Well-Being
9. Depression and Other Mental Illnesses
10. The Psychology of Exercise for Clinical Populations

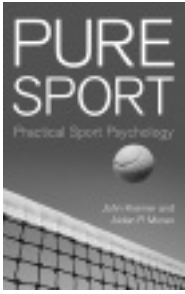
Part 4

11. Making a Difference 1: Intervention Strategies for the Individual
12. Making a Difference 2: Interventions in Organisations and Communities
13. Conclusions and Future Directions

Pure Sport

Practical Sport Psychology

John Kremer, School of Psychology, Queen's University of Belfast, UK and Aidan P. Moran



Are you 'only as good as your last game'?

Is it really just a matter of 'keeping your eye on the ball'?

Pure Sport: Practical Sport Psychology explains in everyday language the whys and wherefores of contemporary sport psychology – pinpointing what works and what doesn't when it comes to performance enhancement.

As the title suggests, *Pure Sport* goes back to basics by highlighting practical concerns for those who are

involved with competitive sport at every level – from junior club to international élite. Drawing on their considerable experience as both academic researchers and applied sport psychologists, the authors present a powerful array of techniques for channelling and harnessing mental skills with the goal of improving sporting performance. The interventions that they describe have all been tried and tested in competitive settings, but here, for the first time, the psychological techniques underlying them are brought together in a single volume that uniquely blends sound theory with good practice.

Liberal sprinkled with practical examples, evocative photographs and clear diagrams, *Pure Sport* is essential reading for anyone with an active involvement or interest in sport. It will help coaches, teams and sports people alike to develop their mental edge and so realize their true potential in sport and through sport.

2008: 246x174: 264pp
Hb: 978-0-415-39557-1: **£29.95**
Pb: 978-0-415-39558-8: **£13.95**

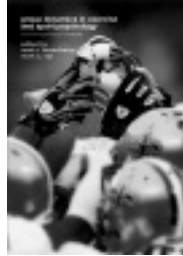


Group Dynamics in Exercise and Sport Psychology



Contemporary Themes

Edited by Mark R. Beauchamp, University of British Columbia, Canada and Mark A. Eys, Laurentian University, Canada



This text draws together the expertise of international specialists to explore the unique psychological dynamics that emerge in sport and exercise groups. It is the first text to address exercise as well as pure sport applications.

Selected Contents: Part 1: The Self in Groups Part 2: Leadership in Groups Part 3: Group Environment Part 4: Motivation in Groups

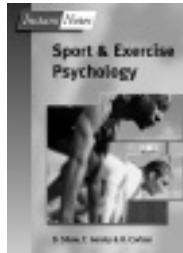
2007: 246x174: 224pp
Hb: 978-0-415-42664-0: **£90.00**
Pb: 978-0-415-42665-7: **£27.99**
eBook: 978-0-203-93798-3

Instant Notes in Sport and Exercise Psychology



Dave Shaw, Trish Gorely and Rod Corban

Series: *Instant Notes*



Instant Notes in Sport and Exercise Psychology provides concise coverage of sport and exercise psychology at the undergraduate level, and also covers the crucial basic psychology that underpins the subject. It has four main themes:

- theoretical approaches and research methods
- sport psychology at both the individual and group level of analysis
- exercise psychology
- practical applications including performance enhancement and ethics.

Suitable for students in sport and exercise science, sport psychology, sport studies and sports management, it will be useful for coaches and athletes who wish to gain an up-to-date understanding of the key concepts, theories and research in this area.

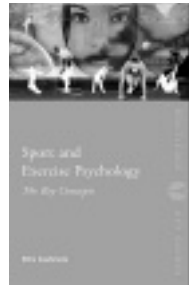
2004: 244x171: 286pp
Pb: 978-1-85996-294-7: **£20.00**
eBook: 978-0-203-32556-8

2ND EDITION

Sport and Exercise Psychology: The Key Concepts

Ellis Cashmore, Staffordshire University, UK

Series: *Routledge Key Guides*



Now including exercise psychology terms for the first time in its second edition, *Sport and Exercise Psychology: The Key Concepts* offers a highly accessible introduction to this fascinating subject, its central theories and state-of-the-art research. Over 300 alphabetically-ordered entries cover such diverse terms as:

- adherence
- aggression
- emotion
- exercise dependence
- home advantage
- kinesiphobia
- left-handedness
- motivation
- retirement
- self-confidence.

Cross-referenced, with suggestions for further reading and a full index, this latest key guide contains invaluable advice on the psychology of sport and exercise. A comprehensive A-Z guide to a fast-moving field of inquiry, this book is an essential resource for scholars, coaches, trainers, journalists, competitors, exercisers; in fact anyone associated with sport and exercise.

Selected Contents: Anorexia Nervosa. Extreme Sports. Fear of Failure. Giftedness. Group Orientation. Focus. Halo Effect. Integrated Regulation. Kinesthesia. Metacognition. Motor Reaction. Self-Actualization. Trans-Gender. Yerkes-Dodson Law. Weight-Control. Yoga

2008: 216x138: 528pp
 Hb: 978-0-415-43865-0: **£65.00**
 Pb: 978-0-415-43866-7: **£14.99**
 eBook: 978-0-203-92809-7



NEW

Human Potential

Exploring Techniques Used to Enhance Human Performance

David Vernon, Department of Applied Social Sciences, Canterbury Christ Church University, UK



'This book provides a comprehensive and highly readable summary of the psychology of human potential. Readers will appreciate the excellent summaries of the theories and techniques that have been developed over the years. This book makes an important contribution to the science of positive psychology and is a must read for anyone with an interest in what works

and doesn't work in the areas of human performance and potential.' – Philip J. Corr, Professor of Psychology, Swansea University, UK

Throughout time, people have explored the ways in which they can improve some aspect of their performance. Such attempts are more visible today, with many working to gain an 'edge' on their performance, whether it is to learn a new language, improve memory or increase golf handicaps. This book examines a range of techniques that are intended to help improve some aspect of performance, and examines how well they are able to achieve this.

The various performance enhancing techniques available can be divided into those where the individual remains passive (receiving a message, suggestion or stimulus) and those where the individual needs to take a more active approach. *Human Potential* looks at a range of techniques within each of these categories to provide the reader with a sense of the traditional as well as the more contemporary approaches used to enhance human performance. The techniques covered include hypnosis, sleep learning, subliminal training and audio and visual cortical entrainment as well as mnemonics, meditation, speed-reading, biofeedback, neurofeedback and mental imagery practice.

This is the first time such a broad range of techniques has been brought together to be assessed in terms of effectiveness. It will be useful to all psychology and sports science students, practicing psychologists, life coaches and anyone else interested in finding out about the effectiveness of performance enhancement techniques.

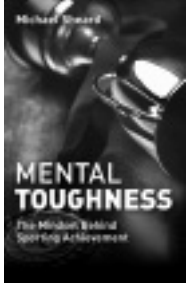
June 2009: 234x156: 280pp
 Hb: 978-0-415-45769-9: **£49.95**
 Pb: 978-0-415-45770-5: **£19.95**



NEW**Mental Toughness**

The Mindset Behind Sporting Achievement

Michael Sheard, York St. John University, UK



'Mental toughness is an idea whose time has come. Solidly anchored in scientific research, the book presents an overview of what mental toughness is, how to measure it, and factors leading to its development. Written in an engaging style, it is accessible to scholars and students alike.' – Robert J. Vallerand, Université du Québec à Montréal

Mental toughness is one of the most common terms used in sport – by athletes, coaches, spectators and the media. However, it is also one of the least understood terms. This book provides a definitive and readable overview of the area, and presents the cutting-edge research in the field of mental toughness.

The book introduces the historical and conceptual arguments behind this research, and looks at the characteristics and development of mentally tough sport performers. It suggests that mental toughness is a personality style and mindset, presenting a case for its inclusion within the positive psychological paradigm. The book also explores various measures of this concept and their psychometric properties, and considers cultural and national perspectives as well as the possibility of mental toughness heredity. Michael Sheard exposes the development and maintenance of mental toughness as a factor for successful sport and life performance, and discusses the possibilities for future research on the subject.

This book is unique in considering the idea of mental toughness as an 'achievement mindset' and is an invaluable resource for sport and exercise psychology and science students and lecturers. It also provides an important reference for sport participants, coaches, and enthusiasts.

June 2009: 216x138: 160pp
Hb: 978-0-415-49109-9: **£29.95**
Pb: 978-0-415-49110-5: **£14.95**

Free P&P Online

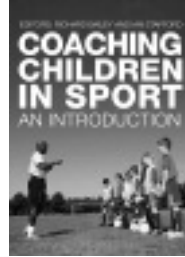
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*UK customers only

NEW FOR 2010**Coaching Children in Sport**

An Introduction

Edited by **Richard Bailey**, University of Birmingham, UK and **Ian Stafford**, Sports Coach, UK



All coaches working with children will know that they differ substantially from adults in their capabilities, capacity for development and in their ability to meet the demands which sport places upon them. The new *Coaching Children in Sport* provides an up-to-date, authoritative and accessible guide to core knowledge and coaching skills for anybody working with children in sport.

Written by a team of leading international coaching experts, teachers, psychologists and specialists in children's issues in sport and health, the book explains why children cannot be seen as mini-adults in sport and helps coaches to devise effective ways of working that achieve results, but that also take into account the best interests of the child. It examines key topics such as:

- fundamental coaching skills
- coaching philosophies and models
- children's physical and psychosocial development
- children's motivation
- child protection issues and coaching ethics
- sport and children's health
- talent identification and high performance coaching
- reflective practice in sports coaching.

Including case studies, practical exercises and guides to further reading throughout, *Coaching Children in Sport* is an essential text for all courses and training programs in sports coaching. It is also vital reading for all students, teachers and practitioners working with children in sport, physical education or developmental contexts.

August 2010: 246x174: 312pp
Hb: 978-0-415-49390-1: **£90.00**
Pb: 978-0-415-49391-8: **£29.99**



NEW FOR 2010**The Coaching Process**

A Practical Guide to Becoming an Effective Sports Coach

Lynn Kidman, University of Worcester, UK and
Stephanie J. Hanrahan, The University of Queensland, Australia



This book develops an 'athlete-centred approach' to sports coaching, which allows athletes to take ownership of their learning, strengthening their ability to retain key skills and to make effective decisions during competition. Case studies, review questions and summaries of current research and best practice are used throughout the book, to encourage reflective practice and help student coaches to develop and extend their coaching technique and philosophy.

December 2010: 234x156: 224pp
Hb: 978-0-415-57053-4: **£80.00**
Pb: 978-0-415-57054-1: **£24.99**

An Introduction to Sports Coaching

From Science and Theory to Practice

Edited by **Robyn L. Jones**, **Mike Hughes** and
Kieran Kingston, all at University of Wales Institute, Cardiff, UK



This unique text introduces a wide range of sport science, sports medicine and social science theory in the context of sports coaching. Case studies and real life coaching examples are used to demonstrate theory in practice.

2007: 246x174: 184pp
Hb: 978-0-415-41130-1: **£85.00**
Pb: 978-0-415-41131-8: **£24.99**

NEW FOR 2010**Foundations of Sports Coaching**

Paul Robinson, University of Chichester, UK



Athletes and sports people at all levels rely on their coaches for advice, guidance and support. *Foundations of Sports Coaching* is a comprehensive introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It provides the student of sports coaching with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. With practical coaching tips, techniques and tactics highlighted throughout, the book covers all the key components of a foundation course in sports coaching, including:

- the development of sports coaching as a profession
- coaching styles and techniques
- planning and management
- basic principles of anatomy, physiology, biomechanics, and psychology
- fundamentals of training and fitness
- performance analysis
- reflective practice in coaching.

Including international case studies throughout and examples from top-level sport in every chapter, *Foundations of Sports Coaching* helps to bridge the gap between coaching theory and practice. This book is essential reading for all students of sports coaching and for any practicing sports coach looking to develop and extend their coaching expertise.

February 2010: 246x174: 224pp
Hb: 978-0-415-46971-5: **£80.00**
Pb: 978-0-415-46972-2: **£24.99**

Related Journal**Journal of Applied Sport Psychology**

Visit www.informaworld.com/sport



2ND EDITION

Understanding Sports Coaching

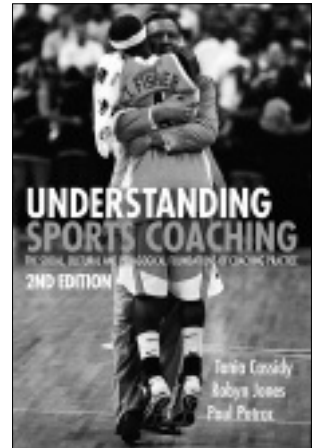
The Social, Cultural and Pedagogical Foundations of Coaching Practice

Tania Cassidy, Otago University, New Zealand, **Robyn Jones**, University of Wales Institute, Cardiff, UK and **Paul Potrac**, Unitec New Zealand, Auckland

Successful sports coaching is as dependent on utilizing good teaching and social practices as it is about expertise in sport skills and tactics. *Understanding Sports Coaching* offers an innovative introduction to the theory and practice of sports coaching, highlighting the social, cultural and pedagogical concepts underpinning good coaching practice. Now in a fully revised and updated second edition, the book explores the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It addresses key issues such as:

- power and the coach-athlete relationship
- viewing the athlete as a learner
- instructional methods and reflection
- how our view of ability informs assessment
- coaching philosophy and ethics.

Understanding Sports Coaching also includes a full range of practical exercises and case studies designed to encourage coaches to reflect critically upon their own coaching strategies, their interpersonal skills and upon important issues in contemporary sports coaching.



2008: 234x156: 232pp
Hb: 978-0-415-44271-8: **£85.00**
Pb: 978-0-415-44272-5: **£29.99**



View inside at:
www.routledge.com.



NEW FOR 2010**Research Methods for Sports Performance Analysis**

Peter O'Donoghue, University of Wales Institute, Cardiff, UK



Sports performance analysis is an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. This book explains how to undertake a research project in performance analysis of sport, from selecting a research topic, to gathering and analyzing data, to writing up results.

February 2010: 234x156: 320pp
Hb: 978-0-415-49622-3: **£95.00**
Pb: 978-0-415-49623-0: **£27.99**

Developing Sport Expertise

Researchers and Coaches put Theory into Practice

Edited by **Damian Farrow**, Australian Institute of Sport, Australia, **Joe Baker**, York University, Canada and **Clare MacMahon**, Victoria University, Australia



Edited by three of the world's leading scientists in sports skills acquisition and with contributions from both world class coaches and cutting edge researchers, this textbook provides a comprehensive, authoritative guide to the field.

Selected Contents:

Section 1: Developing Elite Athletes: From the Backyard to the Big Stage
Section 2: Designing Practice to Make Athletes Think – (But Not Too Much)!

Section 3: Through the Eyes and Thoughts of an Expert

2007: 246x174: 240pp
Hb: 978-0-415-77186-3: **£85.00**
Pb: 978-0-415-77187-0: **£24.99**
eBook: 978-0-203-93493-7

The Essentials of Performance Analysis

An Introduction

Mike Hughes, University of Wales Institute, Cardiff, UK and **Ian Franks**, University of British Columbia, Canada



What is performance analysis and how does its use benefit sports performance?

How can you use performance analysis in your sport?

The Essentials of Performance Analysis answers your questions, providing a complete guide to the foundational elements of match and performance analysis for new students and beginners.

As well as a basic introduction to the sport science and theory that underlies performance analysis, the book contains many practical examples to show performance analysis in its applied context. It includes discussion of:

- approaches to analyzing sport performance
- the use of feedback technologies
- the use of video and biomechanical analysis
- interpreting data
- coaching with notational analysis.

The Essentials of Performance Analysis is a straightforward, concise and authoritative guide for students of sport science and sports coaching, as well as for coaches and athletes looking to develop their insight into sports performance analysis.

2007: 234x156: 344pp
Hb: 978-0-415-42379-3: **£80.00**
Pb: 978-0-415-42380-9: **£24.99**
eBook: 978-0-203-93806-5

Performance Assessment for Field Sports

Christopher Carling, Institut National du Sport et de l'Education, France, the late **Thomas Reilly**, Liverpool John Moores University, UK and **A. Mark Williams**, Liverpool John Moores University, UK



What are the most effective tools, techniques and technologies available to coaches and sport scientists in the assessment of player and team performance?

This is the first book dedicated to the assessment of performance in field sports such as soccer, rugby, hockey and lacrosse. It provides detailed and clear information about the laboratory and field-based methods that can be used to

evaluate improvements in individual and team performance, from basic physiological assessment to the use of video and information technologies.

Standing at the interface between sport sciences and sport coaching, the book examines a wide range of performance criteria, including:

- physiology
- strength, conditioning and fitness
- decision-making
- coordination and motor skills
- sport specific skills
- team play.

Integrating cutting-edge theory, research and technology with best practice in applied sport science, this book is important reading for all students of sport sciences, kinesiology, human movement science, sports performance, or sports coaching.

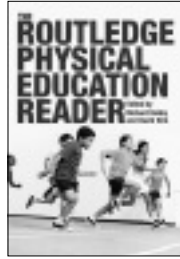
2008: 234x156: 240pp
Hb: 978-0-415-42684-8: **£85.00**
Pb: 978-0-415-42685-5: **£24.99**



BESTSELLER

The Routledge Physical Education Reader

Edited by **Richard Bailey**, University of Birmingham, UK and **David Kirk**



Physical Education teaching and research is fundamental to the physical and social health of our communities. *The Routledge Physical Education Reader* presents an authoritative and representative selection of the very best international scholarship in PE, drawn from across the full topical range of the discipline.

Containing a rich blend of contemporary, 'classic' and

hard-to-find articles, this book helps students gain a full understanding of the historical context in which current issues and debates within PE have emerged. Leading international scholars Richard Bailey and David Kirk weave a thoughtful editorial commentary throughout the book that illuminates each key theme, making insightful and important connections between articles and approaches. The book is divided into eight thematic sections, each of which includes an extensive guide to further reading:

- nature and values of physical education
- physical education and sport
- physical education and health
- learners and learning
- teachers and teaching
- curriculum and content
- social construction of bodies
- researching physical education.

Addressing the most important topics in contemporary physical education, and representing a comprehensive 'one-stop' resource, *The Routledge Physical Education Reader* is essential reading for all serious students of physical education, sport, coaching, exercise and health.

2008: 246x174: 432pp
Hb: 978-0-415-44600-6: **£100.00**
Pb: 978-0-415-44601-3: **£29.99**



2ND EDITION

Sport and Physical Education: The Key Concepts

Wray Vamplew, University of Stirling, UK, **Tim Chandler**, Kent State University, Ohio, USA and **Mike Cronin**, De Montfort University, UK

Series: *Routledge Key Guides*



Entries cover such diverse subjects as coaching, drug testing, hooliganism, cultural imperialism, economics, gay games, amateurism, extreme sports, exercise physiology and Olympism.

2007: 216x138: 288pp
Pb: 978-0-415-41747-1: **£14.99**
eBook: 978-0-203-96169-8

2ND EDITION

Learning to Teach Physical Education in the Secondary School

A Companion to School Experience

Edited by **Susan Capel** and **Margaret Whitehead**

Series: *Learning to Teach Subjects in the Secondary School*



The second edition of this popular textbook draws together background information about teaching PE, and basic teaching skills.

2004: 246x174: 360pp
Pb: 978-0-415-33636-9: **£22.99**
eBook: 978-0-203-42153-6

A Practical Guide to Teaching Physical Education in the Secondary School



Susan Capel, **Peter Breckon** and **Jean O'Neill**

Series: *Routledge Teaching Guides*



An invaluable, practical workbook for physical education student-teachers as they develop their practice in the secondary school. Activities in each chapter provide a toolkit to help student PE teachers to analyze their learning and performance.

2006: 297x210: 176pp
Pb: 978-0-415-36111-8: **£18.99**
eBook: 978-0-203-00863-8

NEW FOR 2010

Key Themes in Youth Sport

Ken Green, University of Chester, UK



Key Themes in Youth Sport is a concise, easy to read guide to core concepts in the study of young people's relationship with sport, exercise and leisure. Designed to help students get to grips with the basics and go on to master the central ideas and debates in contemporary youth sport, this book reflects the multi-disciplinary interest in youth sport, exploring perspectives from sociology, psychology, physiology, sports policy, sports development, and physical education.

April 2010: 234x156: 200pp
Hb: 978-0-415-43539-0: **£75.00**
Pb: 978-0-415-43540-6: **£24.99**

Related Journal

Measurement in Physical Education and Exercise Science

Visit www.informaworld.com/sport

NEW

Sport Policy and Development

An Introduction

Daniel Bloyce and **Andy Smith**, both at University of Chester, UK

Who makes sport policy and why do we need it?

What is the purpose of sport development programmes?

Sport Policy and Development answers these questions and more by closely examining the complex relationships between modern sport, sport policy and development and other aspects of the wider society. These important issues are explored via detailed case studies of key aspects

of sport policy and sport development activity, including:

- school sport and physical education
- social inclusion
- health
- elite sport
- sporting mega-events.

Each case study demonstrates the ways in which the sport policy and development fields have changed, and are continually changing in response to the increasing political, social and cultural significance of sport. The book helps the reader to understand the complexities of the sport policy-making process, the increasing intervention of government in the sport policy and development fields, and how the short-term, ever-changing and frequently contradictory political priorities of government come to impact on the practice of sport policy and development.

Accessible and engaging, this textbook is an invaluable introduction to sport policy and sport development for students, practitioners and policy-makers alike.

August 2009: 246x174: 224pp
Hb: 978-0-415-40406-8: **£75.00**
Pb: 978-0-415-40407-5: **£24.99**

**NEW FOR 2010**

Strategic Sports Development

Edited by **Rosemary Leach**, Sheffield Hallam University, UK, **Stephen Robson**, Leeds Metropolitan University, UK, **Kirstie Simpson**, Warrington Collegiate Institute, UK and **Lee Tucker**, Leeds Metropolitan University, UK



Sports Development explores policy and practice from the voluntary sector to Central Government and the EU. Courses requiring a critical approach to sports development will find this an invaluable reference.

October 2010: 246x174: 352pp
Hb: 978-0-415-54400-9: **£95.00**
Pb: 978-0-415-54401-6: **£24.99**

2ND EDITION

Sports Development

Policy, Process and Practice

Edited by **Kevin Hylton** and **Peter Bramham**, both at Leeds Metropolitan University, UK



'A rich and varied contribution to the proliferation of courses and to the professional wishing to engage in a critical examination of its policy, process and practice.' – *Journal of Sport, Education and Society*

Now in its second edition, this popular course text examines the roles of those working in and around sports development and explores how professionals can devise better and

more effective ways of promoting interest, participation or performance in sport. The book has been fully updated to include coverage of contemporary debates about mass participation, community sports development, social inclusion, coaching and talent development, PE and school sport, working and volunteering in sports development, elite performance and the Olympic Games, research and policy evaluation.

2007: 246x174: 288pp
Hb: 978-0-415-42182-9: **£80.00**
Pb: 978-0-415-42183-6: **£24.99**
eBook: 978-0-203-93947-5



In Pursuit of Excellence



A Student Guide to Elite Sports Development

Michael Hill, City of Stoke on Trent Sixth Form College, UK

Series: *Student Sport Studies*



Competitive sport is today about winning and training to win. Many athletes are professionals, with careers managed by teams of specialist staff working towards the ultimate goal of world-class, medal-winning performances.

This entry-level text offers new students a comprehensive introduction to the phenomenon of the pursuit of excellence in sport, covering the key issues and talking points including:

- the history and tradition of sporting excellence
- comparisons of elite high-performance sport programmes in Australia, the USA, East Germany and France
- the historical, social, political and economic impacts of sporting excellence in the UK
- current issues and debates, including drugs in sport
- the future for high-performance sport.

With a clear framework for understanding and exploring key issues, questions for discussion, websites and suggestions for further reading, *In Pursuit of Excellence* is an ideal introduction for AS, A Level and undergraduate students.

2007: 234x156: 136pp

Hb: 978-0-415-34934-5: **£80.00**

Pb: 978-0-415-42354-0: **£24.99**

eBook: 978-0-203-69540-1

Related Journal

International Journal of Sport Policy

Visit www.informaworld.com/sport

NEW



The Sport and Society Reader

Edited by **David Karen** and **Robert E. Washington**, both at Bryn Mawr College, USA



Although everyone loves to watch a fair, evenly matched sports contest, there is no such thing as 'pure sport'. *The Sport and Society Reader* is a collection of key scholarly and journalistic articles that demonstrate the ways that the sports we love to watch, and the teams we love to root for, are embedded in important social structures and processes that undermine sports' 'purity'. The volume presents articles on:

- sports with – more or less – class
- race matters in sports
- gender myths and privileges in sports
- sports and deviance
- sexuality and sport
- globalizing sport.

The articles selected are both entertaining and highly illustrative of the links between sport and other areas of social study, resulting in a book that is as compelling as it is useful. In addition, the introductory approach used throughout orients the reader to specific key issues, making *The Sport and Society Reader* an ideal standalone text for students of all levels.

Selected Contents: Introduction. Sport: The Game and the Field 1. The Big Picture: Theorizing Sports from Sociological Perspectives 2. High Brow and Low Brow Contests: Sports with More or Less Class 3. Colouring the Game: Race Matters in Sports 4. Manning the Field: Gender Myths and Privileges in Sports – Constructing Masculinity; Socialization 5. Nice Guys Finish Last: Athletes Out of Bounds and the Problem of Sports and Deviance 6. Certain Kinds of People: Sexuality and Sport 7. Growth of Global Community or Neo-Imperialism? National Cultures and the Internationalization of Sports

August 2009: 246x174: 408pp

Hb: 978-0-415-77248-8: **£110.00**

Pb: 978-0-415-77249-5: **£29.99**

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*UK customers only

NEW FOR 2010**The Ethics of Sports**

A Reader

Edited by **Mike J. McNamee**, University of Wales Swansea, UK

There are few, if any, aspects of contemporary sport that cannot be explored and understood in terms of a dialogue of ethics. From on-field relationships between athletes, coaches and officials, to the corporate responsibility of international sports organizations and businesses, ethics and ethical considerations permeate sport at every level and in every arena.

This important new collection of articles showcases the very best

international scholarship in the field of sports ethics, and offers a comprehensive, one-stop resource for any student, scholar or sportsperson with an interest in this important area. It addresses cutting-edge contemporary themes within sports ethics, such as gene doping, as well as introducing the classic ethical debates that define our understanding of sport, sporting behaviour and sport in practice. The book is arranged into ten thematic sections, each of which includes an introduction by the editor that highlights those key themes and places each article in context, and offers suggestions for further reading.

The Ethics of Sports sheds new light on a wide range of issues within contemporary sports studies, including drugs, disability, gender and ethnicity; the practice of physical education and sports coaching; sports media, sports business, and research ethics within sport. It is essential reading for all students with an interest in sport or applied ethics.

April 2010: 234x156: 392pp
Hb: 978-0-415-47860-1: **£100.00**
Pb: 978-0-415-47861-8: **£29.99**

NEW**Understanding American Sports**

Gerald R. Gems, North Central College, USA and
Gertrud Pfister, University of Copenhagen, Denmark



Since the nineteenth century the USA has served as an international model for business, lifestyle and sporting success. Yet whilst the language of sport seems to be universal, American sports culture remains highly distinctive. Why is this so? How should we understand American sport? What can we learn about America by analyzing its sports culture?

Understanding American Sports

offers discussion and critical analysis of the everyday sporting and leisure activities of 'ordinary' Americans as well as the 'big three' (football, baseball, basketball), and elite sports heroes. Throughout the book, the development of American sport is linked to political, social, gender and economic issues, as well as the orientations and cultures of the multilayered American society with its manifold regional, ethnic, social, and gendered diversities.

Topics covered include:

- american college sports
- the influence of immigrant populations
- the unique status of American football
- the emergence of women's sport in the USA.

With co-authors from either side of the Atlantic, *Understanding American Sports* uses both the outsider's perspective and that of the insider to explain American sports culture. With its extensive use of examples and illustrations, this is an engrossing and informative resource for all students of sports studies and American culture.

July 2009: 246x174: 456pp
Hb: 978-0-415-44364-7: **£95.00**
Pb: 978-0-415-44365-4: **£24.99**

Related Journal**Sport, Ethics and Philosophy**

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2ND EDITION

An Introduction to Drugs in Sport



Addicted to Winning?

Ivan Waddington and Andy Smith, both at University of Chester, UK



Why do many athletes risk their careers by taking performance-enhancing drugs? Do the highly competitive pressures of elite sports teach athletes to win at any cost?

An Introduction to Drugs in Sport provides a detailed and systematic examination of drug use in sport and attempts to explain why athletes have, over the last four decades, increasingly used performance-enhancing drugs. It offers a critical overview of the major

theories of drug use in sport, and provides a detailed analysis of the involvement of sports physicians in the development and use of performance-enhancing drugs. Focusing on drug use within elite sport, the book offers an in-depth examination of important contemporary themes and issues, including:

- the history of drugs in sport and changing patterns of use
- fair play, cheating and the 'spirit of sport'
- WADA and the future of anti-doping policy
- drug use in professional football and cycling
- sociological enquiry and the problems of researching drugs in sport.

Designed to help students explore and understand this problematic area of research in sport studies, and richly illustrated throughout with case studies and empirical data, *An Introduction to Drugs in Sport* is an invaluable addition to the literature.

2008: 234x156: 280pp
Hb: 978-0-415-43124-8: **£80.00**
Pb: 978-0-415-43125-5: **£24.99**

The Sport Studies Reader



Edited by Alan Tomlinson

This *Reader* collects several pieces of valuable, interesting and, in some cases, classic essays and extracts that have been widely recommended over the years, yet which are not always readily available.

2006: 246x174: 496pp
Hb: 978-0-419-26020-2: **£95.00**
Pb: 978-0-419-26030-1: **£29.99**

Sport & Tourism: A Reader



Edited by Mike Weed, Canterbury Christ Church University, UK



2007: 246x174: 592pp
Hb: 978-0-415-42687-9: **£90.00**
Pb: 978-0-415-42688-6: **£35.00**
eBook: 978-0-203-93768-6

This *Reader* provides comprehensive coverage of the scholarly literature in sports tourism. Divided into four parts, each prefaced by a substantial introduction from the editor, the *Reader* presents the key themes, state of the art research and new conceptual thinking, in sports tourism studies.

Sport, Culture and Society



An Introduction

Grant Jarvie



An exciting new textbook exploring all of the key themes covered in undergraduate sport studies and introducing students to critical thinking about the complex and symbiotic relationship between sport and its wider social context.

2006: 246x174: 432pp
Hb: 978-0-415-30646-1: **£100.00**
Pb: 978-0-415-30647-8: **£29.99**
eBook: 978-0-203-97000-3

4TH EDITION

Making Sense of Sports



Ellis Cashmore

Praise for a previous edition:

'Ellis Cashmore's text is a clear and eloquent outline of many of the important areas in the broad field of sports sociology ... An original, interesting and timely interpretation of a fast-moving field of academic study.'
– *Times Higher Education Supplement*

This unique, multidisciplinary introduction reflects the changing character of contemporary sport. Already established as a standard text, this fourth edition is essential reading for undergraduates of sociology and sports studies.

2005: 246x174: 490pp
Hb: 978-0-415-34854-6: **£85.00**
Pb: 978-0-415-34853-9: **£26.99**
eBook: 978-0-203-51895-3

Disability, Sport and Society



An Introduction

Nigel Thomas, Staffordshire University, UK and
Andy Smith, University of Chester, UK



Disability sport is a relatively recent phenomenon, yet it is also one that, particularly in the context of social inclusion, is attracting increasing political and academic interest. The purpose of this important new text – the first of its kind – is to introduce the reader to key concepts in disability and disability sport and to examine the complex relationships between modern sport, disability and other aspects of wider society.

Drawing upon original data from interviews, surveys and policy documents, the book examines how disability sport has developed and is currently organized, and explores key themes, issues and concepts including:

- disability theory and policy
- the emergence and development of disability sport
- disability sport development in local authorities
- mainstreaming disability sport
- disability, physical education and school sport
- elite disability sport and the Paralympic Games
- disability sport and the media.

Including chapter summaries, seminar questions and lists of key websites and further reading throughout, *Sport, Disability and Society* provides both an easy to follow introduction and a critical exploration of the key issues surrounding disability sport in the twenty-first century.

2008: 234x156: 184pp
Hb: 978-0-415-37818-5: **£75.00**
Pb: 978-0-415-37819-2: **£22.99**

The Olympic Games Explained



A Student Guide to the Evolution of the Modern Olympic Games

Jim Parry and **Vassil Girginov**, Brunel University, UK
Series: Student Sport Studies

This student textbook explores the history and meaning of the modern Olympic Games, providing a comprehensive overview of 'Olympism' from the Ancient Greeks origins through to the beginnings of the International Olympic Committee.

2004: 234x156: 288pp
Hb: 978-0-415-34603-0: **£80.00**
Pb: 978-0-415-34604-7: **£24.99**

Sports Journalism



A Multimedia Primer

Rob Steen, University of Brighton, UK



'Whether it is researching the obscure statistical information on key combatants, filing copy for match reports or writing more considered pieces for magazines or books, this volume provides step-by-step guidelines and plenty of useful anecdotes and insights into how they are all achieved. Indeed, the book serves as an excellent reminder to its current practitioners of

who they are writing for and why sport is such a beguiling and fascinating arena in which to work.'

– *Dr Richard Haynes, University of Stirling, UK*

A practical and authoritative guide to one of the fastest-growing areas of journalism. Aimed at students, the book covers all types of media and sports and gives new sports journalists the confidence to approach the challenges of the profession.

2007: 246x174: 224pp
Hb: 978-0-415-39423-9: **£80.00**
Pb: 978-0-415-39424-6: **£24.99**
eBook: 978-0-203-94574-2

NEW

Sustainable Olympic Design and Urban Development

Adrian Pitts, Sheffield Hallam University, UK and
Hanwen Liao, University of Greenwich, London, UK



This book explains how a modern Olympic games can successfully develop a more sustainable design approach by learning from the lessons of the past and by taking account of the latest developments.

May 2009: 246x189: 248pp
Hb: 978-0-415-46761-2: **£85.00**
Pb: 978-0-415-46762-9: **£40.00**

NEW FOR 2010**The Olympics**

A Critical Reader

Edited by **Jim Parry** and **Vassil Girginov**, Brunel University, UK

The Olympic Games are a modern international sports extravaganza with an ancient history. Today's Olympic Games have an importance reaching beyond the four-yearly festival of competitive athletics, with a constant presence in the public consciousness and a significant impact on social policy and politics, business, economics and the media.

The Olympics: A Critical Reader represents a unique, critical guide to

the definitive sporting mega-event. Combining classic texts and thoughtful editorial discussion with challenging new pieces, including previously unseen material from the IOC archive, the book systematically addresses the key themes in modern Olympism, including:

- Olympic ethics
- the Olympics and the media
- managing and marketing the Olympics
- politicizing the Olympics
- Paralympic studies
- cultural Olympics
- Olympic education
- Olympic legacies
- the future of the Olympics.

Each thematic section has been designed to include a range of views, including those of the IOC as well as critical scholarship, to ensure that students develop a well-rounded understanding of the Olympics phenomenon. *The Olympics: A Critical Reader* is essential reading for students of the Olympics and Olympism, the sociology of sport, sport management and cultural studies.

Selected Contents: Section 1: Introduction to Studying the Olympics Section 2: Conceptualising Olympism Section 3: Olympic History Section 4: Olympic Ethics Section 5: The Olympics and the Media Section 6: Managing and Marketing the Olympics Section 7: Politicising the Olympics Section 8: Paralympic Studies Section 9: Cultural Olympics Section 10: Olympic Education Section 11: Olympic Legacies Section 12: Issues for the Olympics Section 13: The Future of the Olympics

February 2010: 246x174: 400pp
Hb: 978-0-415-44535-1: **£90.00**
Pb: 978-0-415-44536-8: **£29.99**

NEW FOR 2010**Stadium Worlds**

Football, Space and the Built Environment

Edited by **Sybille Frank** and **Silke Steets**, both at Darmstadt University of Technology, GermanySeries: *Architext*

Analyzing football as a cultural practice, this book investigates the connection between the sport and its built environment. Four thematic sections bring together an international multi-disciplinary range of perspectives with particular focus on the stadium.

Examples from architectural design, media studies and archaeology are used while studying advertising, economics, migration, fandom, local identities, emotions, gender, and

the sociology of space. Texts and case studies build up this useful book for lecturers and researchers in sociology, cultural studies, geography, architecture, sport, and environment.

June 2010: 246x174: 256pp
Hb: 978-0-415-54903-5: **£75.00**
Pb: 978-0-415-54904-2: **£27.99**

The Essentials of Sports Reporting and Writing

Scott Reinardy, Ball State University, USA and
Wayne Wanta, University of Missouri, Columbia, USA



This text covers the full experience of sports writing. Authors Wayne Wanta and Scott Reinardy approach the topic using their own professional experience as sports writers and editors to give students a realistic view of the sports writing profession.

2008: 234x156: 274pp
Hb: 978-0-8058-6447-2: **£75.00**
Pb: 978-0-8058-6448-9: **£24.99**
eBook: 978-0-203-87712-8

NEW FOR 2010**The Sports Management Toolkit**

Paul Emery, La Trobe University, Melbourne, Australia

The Sports Management Toolkit is a practical guide to the most important management tools and techniques available to those working in the sport and leisure industries. Each chapter includes a detailed, step-by-step description of the key tools and techniques and their application; a 'real world' case study to demonstrate the technique in action, plus an extensive guide to further resources and a series of self-test questions.

October 2010: 246x174: 256pp
Hb: 978-0-415-49158-7: **£85.00**
Pb: 978-0-415-49159-4: **£24.99**

NEW**Exploring Sport and Fitness**

Work-Based Practice

Edited by **Caroline Heaney**, **Ben Oakley**, The Open University, UK and **Simon Rea**



Exploring Sport and Fitness is a comprehensive guide to the development of essential professional and interpersonal skills in the sport, leisure and fitness sector. Designed to bridge the gap between the classroom and the workplace, the book introduces the fundamental principles of reflective practice in sport and fitness, and explains how students and professionals can develop their personal effectiveness and workplace performance.

The book draws together important material from a wide range of academic and professional sources, including articles from leading experts in sport management, psychology and coaching, and explores key topics such as:

- reflective practice
- the importance of effective communication
- motivation and leadership
- working in teams
- working with customers
- learning and instructional frameworks for coaches and instructors
- organizational cultures in sport and fitness.

Exploring Sport and Fitness is essential reading for all students of sport, leisure and fitness management, sports coaching or sports development, and for all sport and fitness professionals looking to improve their performance and practice.

July 2009: 246x174: 360pp
Hb: 978-0-415-49155-6: **£85.00**
Pb: 978-0-415-49156-3: **£24.99**

The Sport and Fitness Sector

An Introduction

Edited by **Ben Oakley**, The Open University, UK and **Martin Rhys**



Drawing together new material and an edited selection of readings from a wide range of academic and professional sources, the book has been designed to bridge the gap between the classroom and the workplace, opening up the theory and practice of sport and fitness management for those undertaking either work-based study or conventional degree courses.

Accessible and comprehensive, the book explores sport, health and fitness provision across the public, private and voluntary sectors, and examines key topics such as:

- sport policy
- trends in the sport and fitness industry
- management of sport and leisure services
- legislation and regulation
- crisis management
- health and safety
- customer service and retention
- staff training and development.

The Sport and Fitness Sector: An Introduction is essential reading for all students of sport, leisure and fitness management, and for any sport and fitness professional looking to improve their vocational skills and knowledge.

2008: 246x174: 320pp
Hb: 978-0-415-45404-9: **£90.00**
Pb: 978-0-415-45405-6: **£24.99**

5TH EDITION**Torkildsen's Sport and Leisure Management**

George Torkildsen

2005: 246x189: 592pp
Hb: 978-0-415-30995-0: **£100.00**
Pb: 978-0-415-30996-7: **£32.50**
eBook: 978-0-203-40165-1

NEW**Sport, Physical Recreation and the Law**

Hazel Hartley, Leeds Metropolitan University, UK



It is important for anybody involved in sport and physical recreation to be aware of the legal context in which their activity takes place, to develop an understanding of their legal responsibilities and to know what might happen if something goes wrong. *Sport, Physical Recreation and the Law* is the first textbook on this difficult subject for students and practitioners in sport and physical recreation.

Covering a wide range of legal principles and cases, this textbook introduces the reader to legal systems, terminology, databases and the use of case law. Designed to encourage analysis, reflection and the application of examples and ideas from the reader's own experience, the book clearly and comprehensively explains key topics such as:

- socio-legal aspects of sports violence and criminal liability
- negligence and defenses against negligence
- manslaughter by individuals and organizations in sport
- principles of natural justice, disciplinary tribunals and doping
- discrimination, harassment and child protection
- risk management, statutory duties, and breaches of health and safety
- criminal liability – recognized sports, hazing, and cage fighting.

Including over 300 exercises, hypothetical scenarios, investigative tasks and seminar activities, this book is an essential course text for all students of sport, recreation and the law, and an invaluable reference for coaches, physical education teachers and those who play, lead or organize sport and physical recreation.

June 2009: 246x174: 352pp
Hb: 978-0-415-32184-6: **£95.00**
Pb: 978-0-415-32185-3: **£27.99**
eBook: 978-0-203-29952-4

2ND EDITION**Sports Management and Administration**

David Watt

2003: 234x156: 284pp
Hb: 978-0-415-27456-2: **£95.00**
Pb: 978-0-415-27457-9: **£37.50**
eBook: 978-0-203-38060-4

**NEW FOR 2010****Managing Voluntary Sport Organizations**

Edited by **Leigh Robinson**, Loughborough University, UK and **Richard Palmer**, British Olympic Association, UK



This book fills a significant gap in the literature on sport management by setting out the principles and practices necessary for effective management of voluntary sport organisations around the world. In addition to applying and adapting established management strategies and techniques to voluntary sport organisations, this book is the first to fully relate mainstream organizational theory to this important sector of sport management.

October 2010: 246x174: 312pp
Hb: 978-0-415-48944-7: **£90.00**
Pb: 978-0-415-48945-4: **£29.99**

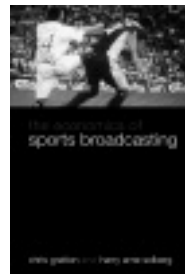
Managing Public Sport and Leisure Services

Leigh Robinson

2003: 234x156: 208pp
Hb: 978-0-415-27076-2: **£95.00**
Pb: 978-0-415-27077-9: **£32.50**
eBook: 978-0-203-64655-7

The Economics of Sports Broadcasting

Chris Gratton, Sheffield Hallam University, UK and **Harry Arne Solberg**, Sør-Trøndelag University College, Norway



The meteoric growth of sports broadcasting has had huge financial implications for a number of related industries, and in many cases has affected the sports themselves. This book examines the economic issues surrounding this very modern phenomenon.

2007: 234x156: 248pp
Hb: 978-0-415-35779-1: **£90.00**
Pb: 978-0-415-35780-7: **£27.50**
eBook: 978-0-203-00385-5

Finance for Sport and Leisure Managers



An Introduction

Robert Wilson and **John Joyce**, both at Sheffield Hallam University, UK



Sport and leisure managers need to understand the financial side of their industry to offer the most cost-effective facilities and to make sound business decisions. However, to the non-expert the language and practice of finance is often bewildering and perceived as complicated, difficult and impenetrable. This textbook guides the reader through the maze of financial terms and concepts,

illustrating theory with examples drawn specifically from sport-based contexts to make this the most relevant, transparent and helpful handbook for students of leisure management available.

Written by experts in accounting and sport management, this book enables readers to work through the subject at their own pace, with case studies, worked examples and self-tests to ensure students can apply their knowledge to industry-specific situations. Ideal for students on sport and leisure management courses, this book will also be valuable to practicing managers who need a quick-reference guide to everyday financial questions.

Selected Contents: Introduction 1. The Context of Financial Accounting 2. The 'Rules' of Financial Accounting 3. Accounting Adjustments Likely to be Met by Sport and Leisure Managers 4. Constructing Final Accounts 5. Financial Statements 6. Analysis and Interpretation of Financial Statements 7. Budgeting Theory and Budget Compilation

2007: 246x174: 176pp
Hb: 978-0-415-40446-4: **£85.00**
Pb: 978-0-415-40447-1: **£24.99**
eBook: 978-0-203-93442-5

Marketing the Sports Organisation



Building Networks and Relationships

Alain Ferrand, University of Lyon, France and
Scott McCarthy, The British Judo Association, UK



Marketing the Sports Organisation introduces the most effective marketing methods and tools available to sports organizations, and offers practical, step-by-step advice for sports organizations in the use of relationship marketing techniques.

Comprehensive and innovative in its approach, the book includes:

- a practical framework for implementing relationship marketing throughout the product and service range
- an in-depth examination of tools and methods that increase the value of the product for the consumer
- a genuinely international approach, applicable in all countries
- detailed international case studies from the world of sport.

Offering a thorough introduction to first principles in sports marketing, and focused throughout on best practice, this book is essential reading for all students of sport and business marketing, and for all professionals seeking to improve their sports marketing activity, in both commercial and non-profit contexts.

Selected Contents: Introduction 1. Sports Organisation Marketing: A Review 2. Relationship Marketing in the World of Sport 3. Strategic Analysis for Relationship Marketing 4. Implementing the Relationship Marketing Strategy 5. Conclusion and Perspectives

2008: 234x156: 320pp
Hb: 978-0-415-45329-5: **£100.00**
Pb: 978-0-415-45330-1: **£27.99**
eBook: 978-0-203-89303-6

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www.routledge.com/info/authors

Routledge Handbook of Sports Sponsorship



Successful Strategies

Alain Ferrand, Luigino Torrigiani and Andreu Camps i Povill



Illustrated throughout with sport specific case studies this book presents a wide range of perspectives on sports sponsorship. A unique quality is its clear guide to the legal issues associated with marketing, copyright, and contracts.

2006: 246x174: 288pp
Hb: 978-0-415-40110-4: **£90.00**
Pb: 978-0-415-40111-1: **£32.50**
eBook: 978-0-203-96782-9

Managing Sport Facilities and Major Events



Hans Westerbeek, Aaron Smith, Paul Turner, Paul Emery, Christine Green and Linda van Leeuwen



The eminently practical guide to hosting small and large-scale sports facilities, this book offers a systematic guide to the essential management responsibilities from start to finish, alongside advice on associated issues such as environmental and community concerns.

2006: 246x174: 288pp
Hb: 978-0-415-40108-1: **£95.00**
Pb: 978-0-415-40109-8: **£27.50**

Outdoor Recreation



An Introduction

Ryan Plummer, Brock University, Canada



Outdoor Recreation: An Introduction provides students following courses in outdoor recreation, leisure and environmental studies with a comprehensive and informative overview of this broad and fascinating field.

Covering both theory and practice, and including case studies and examples from around the world, this is the first student text in outdoor recreation to draw on such a diverse range of interdisciplinary approaches and methods. Student learning is supported throughout the book with helpful features such as learning objectives, case studies, weblinks, chapter summaries, study questions, and definitions of key terms. Representing a definitive guide to an important and rapidly growing field, this book is essential reading for all students of outdoor recreation, leisure management, tourism and environmental studies, and will be an important resource for all professionals working in outdoor recreation and leisure.

2008: 246x174: 408pp
Hb: 978-0-415-43040-1: **£105.00**
Pb: 978-0-415-43041-8: **£29.99**

Sportscasters/Sportscasting



Principles and Practices

Linda K. Fuller, Worcester College, UK



A comprehensive introduction to the workings of the business, *Sportscasters/Sportscasting: Principles and Practices* explains all of the information essential to anyone looking to begin a career in sports media, and includes numerous appendices containing acronyms and biographic information about over 200 sportscasters, and a complete *Instructor's Manual*.

2008: 234x156: 392pp
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NEW

2ND EDITION

Research Methods for Sports StudiesChris Gratton, Sheffield Hallam University, UK and
Ian Jones

This is the second edition of Chris Gratton and Ian Jones' highly successful companion to research methods courses. Illustrated with sport-related case studies throughout, key topics such as qualitative and quantitative research methods, research design, literature reviews, ethical issues in research, and research techniques are presented in an accessible way.

Selected Contents: 1. What is Research? 2. The Research Process

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December 2009: 234x156: 304pp

Hb: 978-0-415-49392-5: **£95.00**Pb: 978-0-415-49393-2: **£29.99****Studying Using the Web**The Student's Guide to Using the Ultimate
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Brian Clegg



Anyone can type a few keywords into a search engine. But that's only the beginning. With *Studying Using the Web* you can find the right material, check its authenticity, transform it into your own original work and keep up-to-date on essential topics.

2006: 216x138: 176pp

Hb: 978-0-415-40372-6: **£80.00**Pb: 978-0-415-40374-0: **£14.99**

eBook: 978-0-203-96709-6

**Mathematics and Science
for Exercise and Sport**

The Basics

Craig Williams, Exeter University, UK, David James,
University of Gloucestershire, UK and Cassie Wilson,
University of Wales Institute, Cardiff, UK

Mathematics and Science for Exercise and Sport introduces students to the basic mathematical and scientific principles underpinning sport and exercise science. It is an invaluable course companion for students who have little prior experience of maths or science, and an ideal revision aid for higher level undergraduate students.

It includes coverage of key areas such as:

- science of physical states – gas, liquid and solid
- science of biomechanics, motion and energy
- mathematical formulae, calculus, and differential equations
- statistics
- scientific report writing
- key concepts such as pressure, torque and velocity
- self-test features and highlighted key points throughout each chapter.

Fully referenced, with guides to further reading, this book is an essential companion for all students on foundation or undergraduate level courses in sport and exercise science, kinesiology, and the human movement sciences.

2008: 246x174: 232pp

Hb: 978-0-415-44168-1: **£90.00**Pb: 978-0-415-44169-8: **£24.99**

eBook: 978-0-203-88964-0

NEW FOR 2010**Research Methods: The Basics**

Nicholas Walliman, Oxford Brookes University, UK

Series: *The Basics*

July 2010: 198x129: 224pp

Hb: 978-0-415-48991-1: **£55.00**Pb: 978-0-415-48994-2: **£11.99****Related Journal****Qualitative Research in Sport
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A

Architext (series) 23

B

Bailey, Richard 12,16
 Baker, Joseph 15
 Bartlett, Roger 6,7
BASES Sport and Exercise Science (series) 4
Basics (series) 28
 Beauchamp, Mark R. 10
 Biddle, Stuart J.H. 9
Biomechanical Evaluation of Movement in Sport and Exercise 7
 Birch, Karen 5
 Bloyce, Daniel 18
 Bramham, Peter 18
 Breckon, Peter 17
 Bromley, Paul D. 3,4
 Burden, Adrian 8

C

Camps i Povill, Andreu 27
 Capel, Susan 17
 Carling, Christopher 16
 Cashmore, Ellis 11,21
 Cassidy, Tania G. 14
 Chandler, Tim 17
 Christopherson, Elizabeth 27
 Clegg, Brian 28
Clinical Skills for Exercise Science 3
Coaching Children in Sport 12
Coaching Process, The 13
 Corban, Rod 10
 Cronin, Mike 17

D

Davison, R.C. Richard 4
Developing Sport Expertise 15
Disability, Sport and Society 22
Drugs in Sport 5

E

Economics of Sports Broadcasting, The 25
 Emery, Paul 24,27
Essentials of Performance Analysis, The 15
Essentials of Sports Reporting and Writing, The 23
 Eston, Roger 3
Ethics of Sports, The 20
European Sport Management Quarterly 26
Exercise, Health and Mental Health 3
Exploring Sport and Fitness 24
 Eys, Mark A. 10

F

Farrow, Damian 15
 Faulkner, Guy E.J. 3
 Ferrand, Alain 26,27
Finance for Sport and Leisure Managers 26
Foundations of Sports Coaching 13
 Fowler, Neil 8
 Frank, Sybille 23
 Franks, Ian 15
 Fuller, Linda 27
Functional Anatomy for Sport and Exercise 8

G

Gallucci, Nicholas T. 8
 Gems, Gerald R. 20
 George, Keith 5
 Girginov, Vassil 22,23
 Gorely, Trish 10
 Gratton, Chris 25,28
 Green, Christine 27
 Green, Ken 17
 Grimshaw, Paul 8
Group Dynamics in Exercise and Sport Psychology 10

H

Hanrahan, Stephanie J. 13
 Hardman, Adrienne E. 2
 Hartley, Hazel 25
 Heaney, Caroline 24
 Hetherington, Mark 5
 Hill, Michael 19
 Hughes, Mike 13,15
Human Environmental Physiology 5
Human Potential 11
 Hylton, Kevin 18

I

In Pursuit of Excellence 19
Instant Notes (series) 5,8,10
Instant Notes in Sport and Exercise
 Biomechanics 8
Instant Notes in Sport and Exercise
 Physiology 5
Instant Notes in Sport and Exercise
 Psychology 10
International Journal of Sport Policy 19
Introduction to Drugs in Sport, An 21
Introduction to Sports Biomechanics 6
Introduction to Sports Coaching, An 13

J

James, David 28
 Jarvie, Grant 21
 Jones, Andrew M. 4
 Jones, Ian 28
 Jones, Robyn L. 13,14
Journal of Applied Sport Psychology 13
 Joyce, John 26

K

Karen, David 19
Key Themes in Youth Sport 17
Key Topics in Sports Medicine 5
 Kidman, Lynn 13
Kinanthropometry and Exercise Physiology
 Laboratory Manual: Tests, Procedures
 and Data, Third Edition 3
Kinanthropometry Laboratory Manual
 3rd Edition 3
 Kingston, Kieran 13
 Kirk, David 16
 Kremer, John 10

L

Leach, Rosemary 18
Learning to Teach Physical Education in the Secondary School 17

Learning to Teach Subjects in the Secondary School Series (series) 17
 Lees, Adrian 8
 Liao, Hanwen 22
 Lynn, B. 5

M

MacMahon, Clare 15
Making Sense of Sports 21
Managing Public Sport and Leisure Services 25
Managing Sport Facilities and Major Events 27
Managing Voluntary Sport Organizations 25
Marketing the Sports Organisation 26
Mathematics and Science for Exercise and Sport 28
 McCarthy, Scott 26
 McLaren, Don 5
 McNamee, Mike J. 20
Measurement in Physical Education and Exercise Science 17
Mental Toughness 12
 Mercer, Tom H. 4
 Milner, Clare 8
 Moran, Aidan P. 10
 Mottram, David R. 5
 Mutrie, Nanette 9

N

Narvani, A.A. 5

O

Oakley, Ben 24
 O'Donoghue, Peter 15
Olympic Games Explained, The 22
Olympics, The 23
 O'Neill, Jean 17
Outdoor Recreation 27

P

Palmer, Richard 25
 Parry, Jim 22, 23
 Payton, Carl 7
Performance Assessment for Field Sports 16
 Pfister, Gertrud 20
Physical Activity and Health 2
 Pitts, Adrian 22
 Plummer, Ryan 27
 Potrac, Paul 14
Practical Guide to Teaching Physical Education in the Secondary School, A 17
Psychology of Physical Activity 9
Pure Sport 10

Q

Qualitative Research in Sport and Exercise 28

R

Rea, Simon 24
 Reilly, Thomas 3,16
 Reinardy, Scott 23
Research Methods for Sports Performance Analysis 15
Research Methods for Sports Studies 28
Research Methods: The Basics 28

Rhys, Martin	24
Robinson, Leigh	25
Robinson, Paul	13
Robson, Stephen	18
<i>Routledge Handbook of Sports Sponsorship</i>	27
<i>Routledge Key Guides (series)</i>	11,17
<i>Routledge Physical Education Reader, The</i>	16
<i>Routledge Teaching Guides (series)</i>	17

S

Shaw, Dave	10
Sheard, Michael	12
Simpson, Kirstie	18
Smith, Aaron	27
Smith, Andy	18,21,22
Solberg, Harry Arne	25
<i>Sport & Tourism: A Reader</i>	21
<i>Sport and Exercise Physiology Testing Guidelines</i>	4
<i>Sport and Exercise Physiology Testing Guidelines: Volume I - Sport Testing</i>	4
<i>Sport and Exercise Physiology Testing Guidelines: Volume II - Exercise and Clinical Testing</i>	4
<i>Sport and Exercise Psychology: The Key Concepts</i>	11
<i>Sport and Fitness Sector, The</i>	24
<i>Sport and Physical Education: The Key Concepts</i>	17
<i>Sport and Society Reader, The</i>	19

<i>Sport Policy and Development</i>	18
<i>Sport Psychology</i>	8
<i>Sport Studies Reader, The</i>	21
<i>Sport, Culture and Society</i>	21
<i>Sport, Ethics and Philosophy</i>	20
<i>Sport, Physical Recreation and the Law</i>	25
<i>Sports Development</i>	18
<i>Sports Journalism</i>	22
<i>Sports Management and Administration</i>	25
<i>Sports Management Toolkit, The</i>	24
<i>Sportscasters/Sportscasting</i>	27
<i>Stadium Worlds</i>	23
Stafford, Ian	12
Steen, Rob	22
Steets, Silke	23
Stensel, David J.	2
<i>Strategic Sports Development</i>	18
<i>Student Sport Studies (series)</i>	19,22
<i>Studying Using the Web</i>	28
<i>Sustainable Olympic Design and Urban Development</i>	22

T

Taylor, Adrian H.	3
Thomas, Nigel	22
Thomas, P.	5
Tipton, Mike	5
Tomlinson, Alan	21
Torkildsen, George	24
<i>Torkildsen's Sport and Leisure Management</i>	24

Torrighiani, Luigino	27
Tucker, Lee	18
Turner, Paul	27

U

<i>Understanding American Sports</i>	20
<i>Understanding Sports Coaching</i>	14

V

Vamplew, Wray	17
van Leeuwen, Linda	27
Vernon, David	11

W

Waddington, Ivan	21
Walliman, Nicholas	28
Wanta, Wayne	23
Washington, Robert E.	19
Watt, David	25
Weed, Mike	21
Westerbeek, Hans	27
Whitehead, Margaret	17
Williams, A. Mark	16
Williams, Craig	28
Wilson, Cassie	28
Wilson, Robert	26
Winter, Edward M.	4

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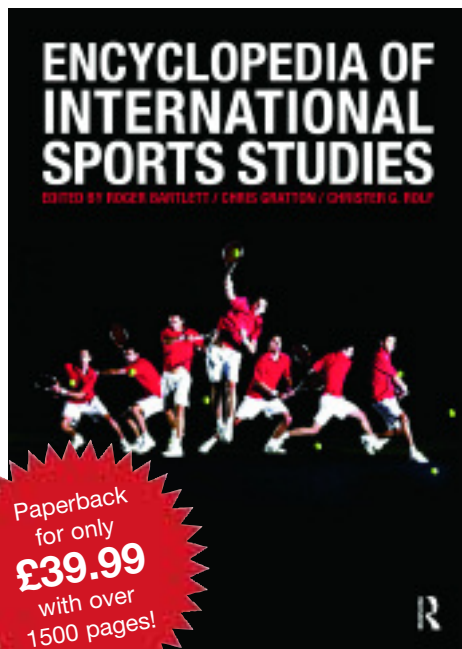
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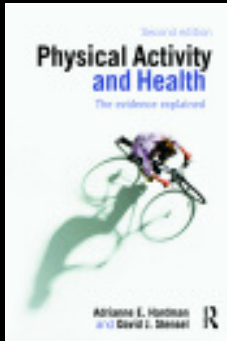
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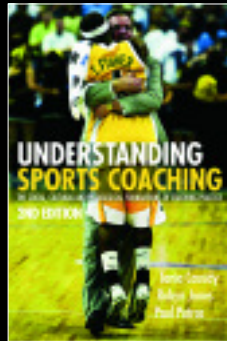
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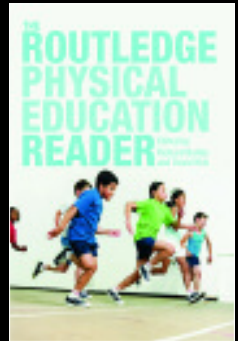
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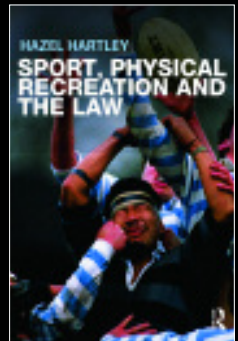
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